## Wherefore, I/we claim:

1. A cargo securing system comprising:

an elongate base member having a front surface and a rear surface with a plurality of attachment holes to facilitate attachment of the base member to a desired surface; and an elongate slot and an elongate recess being formed in the base member such that the slot communicates with the recess;

at least one adjustable member having an enlarged head and a leg extending from the head, the head being sized to slide along the recess of the base member with the leg projecting through and being freely slidable along the slot to facilitate sliding movement of the adjustable member relative to the base member; and

a rearwardly facing surface of the recess carrying a first interlocking structure and the adjustable member carrying a mating second interlocking structure, and when the first interlocking structure engages with the second interlocking mating structure, the adjustable member is retained at a desired position relative to the base member.

- 2. The securing system according to claim 1, wherein the slot extends through the base member from a front surface to a rear surface thereof and extends longitudinally along a length of the base member from adjacent a first end wall to a location adjacent an opposite second end wall.
- 3. The securing system according to claim 1, wherein the slot has an access opening therein which is dimensioned larger than the slot to facilitate passage of an adjustable member therethrough.
- 4. The securing system according to claim 1, wherein the slot is extends parallel to and overlies the recess, but the recess has a width which is wider than a width of the slot.
- 5. The securing system according to claim 3, wherein the adjustable member generally has a generally T-shaped transverse cross-section with a substantially rectangular head which is smaller in size than the access opening provided in the base member to facilitate unobstructed passage of the head through the access opening.
- 6. The securing system according to claim 1, wherein a central leg extends substantially perpendicular to the head and has a width dimension which smaller

than a width dimension of the slot to facilitate free and unobstructed sliding movement of the central leg with respect to the slot.

- 7. The securing system according to claim 1, wherein a forward facing surface of the adjustment member, located on both opposed sides of the central leg, carries the second interlocking structure which is located to engage with the first interlocking structure of the base member and restrain further movement of the adjustment member relative to the base member.
- 8. The securing system according to claim 1, wherein a thickness of the head, including the second interlocking structure, is less than a depth dimension of the recess to provide adequate clearance of the head within the recess and facilitate sliding adjustable movement of the adjustable member relative to the base member.
- 9. The securing system according to claim 8, wherein a rear surface of the enlarged head has a spring mechanism to facilitate biasing of the second interlocking structure of the adjustable member into engagement with the first interlocking structure of the base member.
- 10. The securing system according to claim 6, wherein at least one eyelet is provided adjacent a remote end of the leg, and the at least one eyelet facilitates attachment of to a desired strap member to the adjustable member.
- 11. The securing system according to claim 6, wherein a hook is provided adjacent a remote end of the leg.
- 12. The securing system according to claim 1, wherein the rearwardly facing surface of the recess carries a repeating notched pattern and the head of the adjustable member carries a mating repeating notched pattern.
- 13. The securing system according to claim 1, wherein the rearwardly facing surface of the recess carries a repeating saw tooth pattern and the head of the adjustable member carries a mating repeating saw tooth pattern.
- 14. The securing system according to claim 1, wherein the rearwardly facing surface of the recess carries a repeating wave pattern and the head of the adjustable member carries a mating repeating wave pattern.
- 15. The securing system according to claim 5, wherein the rearwardly facing surface of the recess carries a repeating notched pattern and the head of the adjustable member carries a mating repeating notched pattern.

- 16. The securing system according to claim 1, wherein a free end of the adjustable member is coupled to a support strut to form a support bracket for supporting a shelving member.
- 17. The securing system according to claim 16, wherein the support strut comprises a head 44 sized to be received by the enlarged opening and move to and fro along the elongate recess, and support leg extends from the head at an angle of between about 45 to about 70 degrees.
- 18. The securing system according to claim 1, wherein a free end of the support leg carries a pair of spaced apart surfaces which are located to receive and sandwich a free end of the central leg therebetween.
  - 19. A kit of parts for a cargo securing system, the kit comprising:
    - a plurality of fastening members;
    - a plurality of strap members;
- a plurality of elongate base members, with each base member having a front surface and a rear surface with a plurality of attachment holes to facilitate attachment of the base member to a desired surface; and an elongate slot and an elongate recess being formed in the base member such that the slot communicates with the recess;
- a plurality of adjustable members with each adjustable member having an enlarged head and a leg extending from the head, the head being sized to slide along the recess of one of the base members with the leg projecting through and being freely slidable along the slot to facilitate sliding movement of the adjustable member relative to that base member; and

a rearwardly facing surface of each recess carrying a first interlocking structure and each of the plurality of adjustable members carrying a mating second interlocking structure, and when the first interlocking structure of one of the base members engages with the second interlocking mating structure of one of the adjustable members, that adjustable member is retained at a desired position relative to the respective base member.

20. A method of securing cargo with a cargo securing system, the method comprising the steps of:

providing an elongate base member with front and rear surfaces and with a plurality of attachment holes to facilitate attachment of the base member to

a desired surface; and forming an elongate slot and an elongate recess in the base member such that the slot communicates with recess;

providing at least one adjustable member having an enlarged head and a leg extending from the head, with the head being sized to slide along the recess of the base member with the leg projecting through and being freely slidable along the slot to facilitate sliding movement of the adjustable member relative to the base member; and

carrying a first interlocking structure on a rearwardly facing surface of the recess and carrying a mating second interlocking structure on the adjustable member, and retaining the adjustable member at a desired position relative to the base member when the first interlocking structure engages with the second interlocking mating structure.